



**MMEA-64**

**Enlisted Career  
Counseling Unit  
(MMEA-64)**

Toll Free Phone

**800.833.2320**

Commercial Phone

**703.784.9241**

DSN Phone

**278.9241**

WE ARE ON THE  
WEB,  
GO TO...

**Fitness Report Submission Table**

(Including Change-7 to PES/MCO 1610.7E)

CURRENT GRADE	ACTIVE	RESERVE	ACTIVE RESERVE
SGT	March	September	September
SSGT	December	September	September
GYSGT	June	September	September
1STSGT & MSGT	June	September	September
SGTMAJ & MGYSGT	September	May	June
WO AND CWO	April	October	October
2 <sup>ND</sup> LT	January & July	April	N/A
1 <sup>ST</sup> LT	October & April	October	October
CAPT	May	September	June
MAJOR	May	September	June
LTCOL	May	June	June
COL	May	July	July
BGEN	June	June	N/A

*In our previous issue, we had an error in the fitness report submission dates for Colonel, the above table is the corrected version.*